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The Pulse

This is a monthly newsletter distributed by Work-Fit ®

Contact us at:

*Work-Fit® MDOC
Injury Care Program:
Health and Fitness Program
Monday through Friday
5:30am - 7:30pm
780-6002*

Special points of interest:

- Personal Health Information brochure and pamphlet
- New Partner Challenge Incentive contest coming February 20th!
- Health Tip



Look for new classes coming soon. The two newest classes will be:

- Circuit Training for Women
- Introduction to exercise

Get your Personal Health Records Information in order

We have just rolled out a brand new brochure highlighting the importance of keeping your personal medical records at home. The brochure also gives tips and information on what to include, your rights as a patient and highlights the main points of the Health Insurance Portability and Accountability Act (HIPAA).

Also available is the Medical History and Information Packet for

to keep all of your personal medical records in a central location. The form asks for all pertinent information regarding the following: medical history, family history, allergies, surgeries, medications, emergency contacts, etc.

The form can be taken with you on vacation, while traveling or with you to the hospital.

Please stop by Work-Fit to pick up a packet for you, your significant other or anyone else you care about.



***** Health Tip: *****

Do you have children or grandchildren? Did you know that hours of television viewing have often been linked to childhood obesity? Consider replacing some daily TV watching with exercise time with your children. Play catch, Frisbee, or hopscotch. Kick the soccer ball around or walk the family dog. Try making physical activity a fun and routine part of your evenings together.

Work-Fit Partner Challenge Incentive Contest

A brand new incentive contest will start near the end of February. This contest will last 6 weeks, from February 20th to March 30th.

The goal is to create teams and workout as a team as much as

possible. Teams may be composed of 2-3 people of any combination of males and females. Each time the entire team works out you will be given a raffle ticket for a weekly prize. Grand prizes will be drawn at the end of the contest.

Working out with a partner or team is fun, provides support, competition, and makes goals achievable!

